

2020 — ABWM to Host Free Webinars focused on Addiction for Women and Girls

VALLEY FORGE, PA (8/17/20)—Did you know that over 20 million Americans over the age of 12 have an addiction (excluding tobacco)? Did you know that 100 people die every day from drug overdoses? In response to these alarming statistics and the increase in addictions in the United States, American Baptist Women's Ministries (ABWM) selected "Addiction" as its mission focus for 2019-2020. ABWM seeks to provide women and girls with the opportunity to explore this critical issue and how our faith calls us to respond. ABWM's Addiction Webinar Series will begin September 24, 2020, with a highly interactive webinar that will explore the ways addictive attitudes, thoughts, and behaviors affect the brain, body, and spirit of young women and their families. Practical interventions will be presented to decrease anxiety, improve self-confidence and boundaries, and make healthier decisions to promote resilience among young women. The series will feature a variety of experts, including Licensed Psychologist, Dr. Lynda Morris Parham and Jocelyn Cooper, executive director of Mercer Council on Alcoholism and Drug Addiction. Topics will range from an overview of substance-related challenges, practical resources for supporting those affected by addiction, treatment, and recovery needs of women in addiction and equipping families.

"We trust that these webinars will address concerns and issues raised by American Baptist women all over the country. It is designed to equip women and families to better understand the complexity of addictions, distinguish programs that are designed for women and promote better self-care so that they may be allies and advocates for themselves and others" noted Rev. Dr. Gina Jacobs-Strain, executive director of ABWM.

Addictive behaviors are used to help us manage stress, negative emotions, and difficult social or relational experiences. For women, the challenges of multiple demands, body image, or trauma may also lead to addictive behaviors as coping strategies. But even in the midst of this problem, ABWM hopes that participants recognize that addiction cannot separate us from God. Jesus knows why we started these behaviors and will walk with us into newness of life. For more information and FREE registration, visit www.abwomensministries.org/webinars.

ABWM is a diverse community of American Baptist women, young adult women, and girls serving in ministry in Christ's name in the US including Puerto Rico. With local, area, region/state, and national levels of ministry, American Baptist Women's Ministries creates and sustains communities of passionately faithful, mission-minded women and girls engaged

in worship, service, and friendship. ABWM ministries include domestic violence and sex trafficking prevention and education, building beloved community, advocacy, and developing leaders. To learn more about American Baptist Women's Ministries, visit our website at www.abwomensministries.org.